



Feet first

Giving a foot reflexology massage to your partner is an excellent way to help him or her fully relax. This ancient technique has proven its efficiency and will procure instant wellbeing

Although foot reflexology is not really a massage, it's a practice that applies pressure to reflex zones on your feet. These reflex zones are connected to other parts of your body. By applying pressure with your thumb and fingers on these zones you will reduce stress, improve circulation, break up congestion in the body and induce deep relaxation. The next four techniques will assure deep relaxation. Make sure your partner is relaxed and comfortable, preferably lying down on the back or sitting with the feet up. Dim the room and light a candle, play some soft music and place a blanket over them. Place yourself in front of both feet. Warm up the feet one by one with gentle needling and friction. Then cover one foot while working on the other.

	<p>1 THE SOLAR PLEXUS</p> <p>The solar plexus reflex point is one of the most powerful points in foot reflexology and procures instant deep relaxation. Place one thumb in the centre just below the ball of the foot, where there is a bit of a dent. Strongly push for about 1 minute.</p>		<p>2 LIVER POINT</p> <p>This pressure point is located on the top of your foot in the webbing between the big and second toe. Slide your thumb about 2 thumbs width above the webbing. Press and hold for 1 minute.</p>
	<p>3 BRAIN POINT</p> <p>This reflexology point is located on the big toe and covers the entire toe pad. Use your thumb to press and rub the toe pad in any direction. So move up and down as well as from right to left for about 1 minute.</p>		<p>4 SPLEEN POINT</p> <p>The last point can be found on the inside of the inner arch of the foot, 2 thumbs-width under the ball of the toe. This point can be very sensitive. Apply firm pressure directed towards the ankle for about 1 minute.</p>

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